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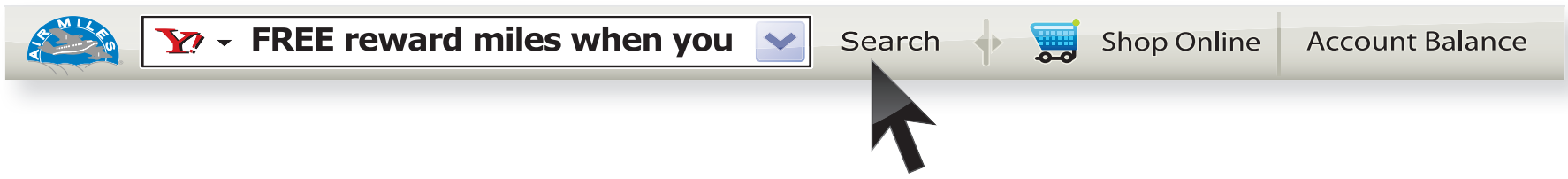

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U.S. HOUSE PASSES MASSIVE STIMULUS, PG 6

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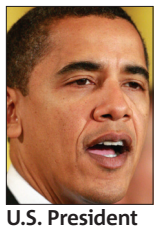
Celebrity pg 16

Harry's breakup blamed on distance, time

Obama lands on Feb. 19

OTTAWA Fresh off the pomp and ceremony of his inauguration, U.S. President Barack Obama's Feb. 19 visit to Canada promises to be a more low-key affair.

Canadians are trying to keep the focus for Obama's meeting with Prime Minister Stephen Harper on work, not ceremony.



U.S. President Barack Obama

While the visit was previously announced, the date was confirmed yesterday by Washington and Ottawa. It will be Obama's first trip abroad as president.

"This is a testament not just to the size of our trading relationship and the closeness of our alliance, but also the strength of our friendship," Harper said.

Obama's office provided few details but said the focus will likely be the sagging economy.

TORSTAR NEWS SERVICE

Food pg 11

Relax while cooking chili

Metro Homes pg 10

Repeating patterns

Tories 'on probation'

Coalition collapses as Liberal leader gives support to Conservative budget

Canada 2009
Federal **Budget**

The Conservative government has accepted a Liberal change to the federal budget that requires periodic parliamentary reports on how its $40-billion economic rescue package is being spent — a move that guarantees the budget's passage and the government's probable survival well into 2010.

With the Liberals' support of the Conservative budget, the would-be coalition with the New Democrats, backed by the Bloc Québécois, collapsed.

It was the latest twist in a political drama that erupted in November and led to the near-defeat of Prime Minister Stephen Harper's minority government.

The Conservatives earned a new lease on government — but only to implement a massive pro-growth spending plan dictated in part by their opposition adversaries and leaving the government with a $64-billion deficit within two years.

The Liberal amendment calls for reports that would require three more mini-fiscal updates. The Conservative government quickly accepted the change, which means the budget could pass as early as Monday.

"We are putting this government on probation," Liberal Leader Michael Ignatieff declared yesterday. "We will be watching like hawks to make sure that the investments Canadians need actually reach them."

The motion will require these report cards at the end of March, in June and again in December. Ignatieff said that if the reports reveal that the government is not delivering on its budget pledges, the Liberals will withdraw their support for the Tories in Parliament.

"There remains a problem of trust, there remains a sense that they announce and don't deliver, a sense that they promise and don't get the money out the door," said Ignatieff, adding Harper should "proceed with extreme caution."

Harper did not formally speak on the amendment, but senior government ministers cast the amendment as recognition of what the government already does — account to Canadians for how it spends their money.

Meanwhile, NDP Leader Jack Layton and BQ Leader Gilles Duceppe said the Liberals will wear the Conservatives' budget.

"The coalition is dead, very clearly," said Duceppe.

Layton lashed out at Ignatieff, accusing him of forming a new coalition with the Harper government.

TORSTAR NEWS SERVICE

CHRIS WATTIE/REUTERS

Liberal Leader Michael Ignatieff speaks in Ottawa yesterday. Ignatieff said the Liberals will support the budget, ensuring the survival of Harper's minority government. More coverage, pgs 4, 5, 7 & 8

Conditions

- The Liberals want Tories to "provide on-going economic and fiscal updates; detail the actual implementation of the budget; and itemize the actual effects of the budget."
- The tests for approval: Protection of most vulnerable, minimizing of existing job losses, creation of employment opportunities of tomorrow, provision of economic stimulus in a manner fair to all regions, and assurance the deficit is not a burden to future generations or a detriment to economic recovery.
- The Conservatives must also provide details on adjustments or new measures.

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Building burns week before demolition date
A fire yesterday around 11:45 a.m. tore through a building already scheduled for demolition next Monday. Three individuals in the building exited safely and no injuries were reported. The cause is still under investigation but it is not believed to be suspicious. METRO CALGARY

Local

New AHS head from Down Under

Alberta Health Services announced a health administrator from Australia as the new president and CEO of the Alberta Health Services superboard. Stephen Duckett will take the reigns of the AHS on March 23. Duckett was the chief executive of the Centre for Healthcare Improvement for Queensland Health in Australia. METRO CALGARY

Freethought ads to run on city buses

RELIGION "There probably is no God, so stop worrying and enjoy your life."

This is the slogan the Freethought Association of Canada plans to put on Calgary buses within two months, spokesperson Katie Kish said.

"We want to get people talking so people who don't believe can understand Christians and vice versa," Kish said.

The group chose to run ads in Alberta because, "it's the most religious province in the country," Kish said.

Father Leighton Lee of the Cathedral Church of the Redeemer doesn't think this is the way to open a dialogue.

"Their technique seems very in-your-face … It just gets people's hackles up," Lee said. "But we can't deny rights we enjoy to other groups because we don't agree with (them)."

The group has already run the ads on Toronto transit where there was critical and positive feedback, said Kish.

LINDSEY WALLIS/FOR METRO CALGARY

Techies lap up 'unboxing'

JENNIFER HILLIKER
for Metro Calgary

As Calgarian Jason Dunn unwrapped his Dell Studio Hybrid computer, about 90,000 Internet viewers watched in fascination.

One of the first to receive the computer, the professional blogger filmed himself opening it and put the video on YouTube, so others could share the experience — online.

"I was the very first one to show that product on camera," Dunn said. "In one day, it went up by 50,000 hits. If people are interested in a product they'll lap everything about it up."

Dunn videotapes himself whenever he gets a new gadget like a phone, laptop or MP3 player, and he's not the only one. This Internet craze called "unboxing videos" has generated about 65,000 videos on YouTube.

Dunn figures the greatest value of the video unveilings is that others get to see the product first-hand — with authentic, unrehearsed clips.

"They're very raw, very real, and very honest. I don't rehearse my videos and I don't have any scripts," he said.

Dunn said he produces the videos mostly to attract people to his five websites, where he makes most of his money.

Ryan Felgate, blogger for techvibes.com said that people have to be careful, as he suspects some corporations launch "unboxing" videos under the guise of a regular person.

"I'm not sure if a YouTube video could be an authentic depiction of a product," Felgate said.

ROBIN KUNISKI/FOR METRO CALGARY

Jason Dunn, a gadget reviewer, specializes in opening boxes and doing the video of his opening the box as part of his reviews. "Unboxing" has gained a huge online viewing audience.

Watch one of Jason's videos online at metronews.ca/local

2nd person dies from home fire

SUITE BLAZE A woman died in hospital yesterday, the second person to die after an early morning fire on Monday.

Colleen Mantei, 23, was one of four victims caught in the basement suite fire on 33 Street N.W. and the second to die after 19-year-old Jonathon St. Pierre died the day before in hospital.

Fire investigators believe a space heater was to blame for the fire. Two more women are in Edmonton hospitals. METRO CALGARY

metronews.ca
WHAT'S ONLINE TODAY

Video Angry about your unplowed street? Be careful what you wish for at **metronews.ca/local**

Video Layton blasts Ignatieff for letting the budget pass at **metronews.ca/canada**

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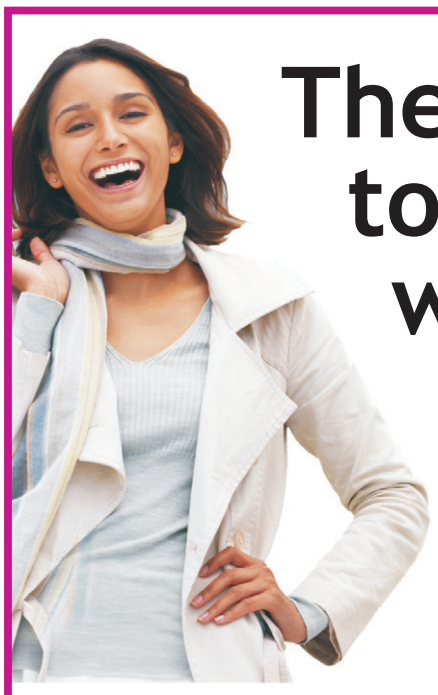

The first step to a healthy weight loss

Part 8

Your Liver, Your Friend...

The liver is the most voluminous organ in the human body, weighing 1,500 grams on average. Its very size suggests the importance of the roles and FUNCTIONS performed by the liver.

The liver is located below the diaphragm, with its largest part on the right-hand side. When people say their liver hurts and touch their left side..., this is actually a "Dr. Watson error".

Functions of the liver:

From an earlier item in this series entitled "How Well Do You Know Your Organs of Elimination?", you may recall what I said about the liver, i.e., that it is the "laboratory" of the human body.

Here are the reasons for this:

The liver performs hundreds of functions, which can be grouped into three large categories, namely, purification, synthesizing and storage.

The liver cleanses the blood:

The liver carries out most of its exchanges with the rest of the body through its double blood supply (portal vein and hepatic arteries), which terminates in numerous capillaries that go inside the liver. Thanks to this system, the liver is able to neutralize and destroy toxic substances. It also ensures that drugs, alcohol and chemical products are metabolized.

The liver's synthesizing function:

The liver plays a role in metabolizing carbohydrates, lipids and proteins. All of the substances produced by the liver then use its vascular system to reach the blood system.

Your liver is a veritable warehouse...

To be continued on February 3rd...

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United Way will be able to continue its 2008 level of funding

Thanks to Calgarians' generosity, the organization announced yesterday it was able to raise $49.5 million to continue its 2009 programs. METRO CALGARY

Take safety precautions to help avoid fatal fires

ALICIA FOX
for Metro Calgary

The Calgary Fire Department is urging Calgarians to take precautions against "entirely preventable" tragedies, in the wake of a northwest Calgary fire that has left two dead and two still in hospital

Brad Lorne

Yesterday, Deputy Chief Brad Lorne spoke out about the necessity of smoke detectors.

"Fatality fires should never occur if you have proper early warning," he said, but added that proper care must be taken to make sure smoke detectors work.

According to the ongoing investigation, there was no working smoke detector in the home of the fire that has took the life of 19-year-old Jonathan St. Pierre and put three others in hospital due to smoke inhalation.

Bars on the windows of the basement suite may have prevented the victims from escaping from the home in the 500 block of 33 St. NW.

It has yet to be determined who put the bars on the windows and whether they violated any codes, but the cause of the fire has been blamed on a space heater.

"Bars on windows must be able to be opened without special knowledge, tools or devices," Lorne said.

The landlord is responsible for ensuring a working smoke detector is installed, while it is the tenants' responsibility to ensure they are maintained.

Violations to the fire code can carry fines up to $15,000 or six months in jail, and the violator can be charged under the Criminal Code.

What you can do

- Sleep with bedroom door shut
- Place escape ladders under second-storey bedroom windows
- Plan an escape route
- Teach guests how to escape the house
- Establish an outdoor meeting place
- Make sure smoke detectors work

ROBIN KUNISKI/FOR METRO CALGARY

Garry Curtishas, a 40-year veteran of renovations, works on his latest project. Tuesday's budget allows tax breaks of up to $1,350 on home renovations.

Contractors cautiously optimistic for credit

Canada 2009 Federal Budget

RENOS Home renovation companies like the home renovation credit introduced in the federal budget Tuesday, but don't want to get their hopes up.

John McCoy with Ultimate Renovations says he thinks there will only be a five per cent increase in business.

"I believe that it's an excellent incentive to put the renovation idea into people's minds as a sensible place to spend their money right now," McCoy said.

"However, it would have been nice to see a larger number."

People renovating their homes can claim a 15 per cent credit against spending of between $1,000 and $10,000, with a maximum credit of $1,350.

It applies to work done on houses, cottages and condominiums after Jan. 27 and before Feb. 1, 2010. Routine maintenances do not count.

Some are already taking advantage of the credit.

"I had one customer who phoned me who wanted to change the date of his renovations to the 27th so he would receive the credit," said Randy Acheson, manager of A-A Renovation Doctor.

"His original date was the 26th; so we didn't care, we changed it for him."

JENNIFER HILLIKER/
FOR METRO CALGARY

News in brief

FEES The Calgary Downtown Association is asking city council to reverse the short-stay parking fee increases it recently approved.

CARE The Alberta NDP says the province isn't meeting the needs of long-term facility patients, according to 300 surveys the party conducted last year. The surveys were distributed among union staff in 2008 to get feedback on what was happening in seniors' homes. The NDP said there needs to be more staff for patients.

BUDGET The Calgary Homeless Foundation is pleased with the fed's $2-billion pledge in social housing, a news release said yesterday. METRO CALGARY

Second coast guard icebreaker gets stuck in ice
After 15 ice-bound hours, 38 passengers on a ferry from Îles de la Madeleine to P.E.I. have landed safely, CBC News Online reports. The coast guard icebreaker Sir William Alexander freed the ferry, but not after first getting stuck in the heavy ice itself. This is the second time in as many days that a coast guard icebreaker has been stuck in ice. METRO NEWS SERVICES

Canada

Groups urge less birth intervention

Medical interventions like caesarian deliveries shouldn't be routine for low-risk pregnancies, several Canadian medical groups said in a new policy statement yesterday. The statement called for the promotion of normal childbirth when labour and birth are progressing normally. The statement urged doctors to resort to caesarean sections, among other interventions, only when there is a valid, evidence-based reason. METRO NEWS SERVICES

The coalition is dead

Duceppe pulls plug on Liberal-NDP deal

A controversial political figure — remembered for its "extraordinary work" — has died.

Shed a tear for the NDP-Liberal coalition.

This rare political animal, born in a splash of controversy and daring died a quiet, merciful death yesterday, put down by one of its creators, who figured it had outlived its usefulness.

The death was greeted with a mix of mourning and indifference on Parliament Hill, the very place where it entered the world in a surprise birth just a month and a half ago.

The coalition is survived by warring siblings and is predeceased by Stéphane Dion, one of its founders.

Liberal Leader Michael Ignatieff, never a fan of the coalition he inherited from Dion, was first to hint at its fate yesterday when he delivered a kind eulogy without pronouncing the union formally deceased.

"I come out of this experience with the sense that we have changed Canadian politics." Michael Ignatieff

"The coalition has accomplished, I think, extraordinary work. It has forced a reckless … prime minister to think again, to jettison the partisan my-way-or-the-highway style of leadership," Ignatieff said.

"I come out of this experience with the sense that we have changed Canadian politics," he said.

It was left to Bloc Quebecois Gilles Duceppe to fill in the death certificate.

"The coalition is dead. It's finished. It's over," Duceppe declared bluntly.

Only NDP Leader Jack Layton betrayed any anger or bitterness yesterday, blaming Ignatieff for not following through on the coalition's grand strategy to replace the Conservatives.

"We have a new coalition now on Parliament Hill. It's a coalition between Mr. Harper and Mr. Ignatieff," Layton said.

TORSTAR NEWS SERVICE

Budget **Getting to work**

CHRIS WATTIE/REUTERS

Prime Minister Stephen Harper uses a nail gun while touring a home undergoing renovations yesterday in Ottawa. Harper attended the photo opportunity after the Tory budget, released Tuesday, announced tax breaks for home renovation projects.

News in brief

SURVEY A recent opinion survey on professions reveals that, given the choice, more people would marry a plumber than a movie star. Synovate surveyed 1,000 Canadians and found that, based on profession, 15 per cent would choose a doctor or a nurse as a spouse, nine per cent would choose a worker from the sciences or trades people, while only four per cent would choose to marry an actor.

BUDGET Hailing Stephen Harper as the "Prime Minister who actually delivered" Ontario Premier Dalton McGuinty said the federal budget is just the tonic for his province's ailing economy. Meanwhile, Newfoundland and Labrador Premier Danny Williams, a Tory, said the budget was designed to give his province the "maximum shaft."

METRO NEWS SERVICES

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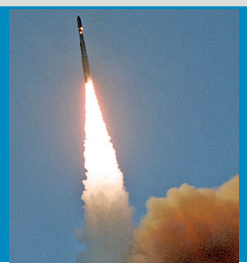
Venice's public toilets going digital

Venice is launching an online service that lets visitors pay for access to public toilets with a mouse click. Instead of paying the current one-euro fee to get into a public bathroom, tourists who think ahead can get one week or day passes to the bathrooms online. Visitors can pay seven euros online for 10 toilet visits over five days in high season, and five euros in the low tourist season. REUTERS

World



More G8 cash for arms disposal: Russia

Russia said yesterday it might have to slow down destruction of its huge Soviet-era stocks of chemical and other weapons of mass destruction because its G8 partners are not providing enough funds to carry out the work. The Group of Eight industrialized nations clinched a $20-billion US deal in 2002 to help Russia get rid of chemical, nuclear and other weapons to prevent them falling into the wrong hands. REUTERS

House passes $819B bailout

U.S. President Barack Obama scored his first major legislative victory yesterday with passage of an $819-billion US economic stimulus package by a sharply divided House on a 244-188 vote.

Obama, who took office eight days ago, was denied, at least for now, his goal of bipartisanship. Every Republican who voted opposed the landmark bill, complaining it contained too much new spending and not enough tax cuts.

All but 11 of Obama's fellow Democrats in the House supported the bill to combat the worst economic crisis since the Great Depression. The Senate begins debate next week.

On his first visit to the Capitol as president Tuesday, Obama failed to ease Republican concerns the package included too little in tax cuts, $275 billion, and too much in spending, $550 billion. The Senate is expected to approve a similar version of the bill costing $887 billion.

House Democrats rejected Republican efforts to strip out the new spending and instead approve a package essentially restricted to about $478 billion in tax cuts. REUTERS

Extra spending

- The new spending in the Democrat-approved package includes money to rebuild crumbling roads and bridges, and upgrade health care and schools.

Israel strikes Gaza after militants fire rocket

MIDEAST Israeli warplanes bombed a weapons production facility in Gaza yesterday after militants fired a rocket at Israel, in violence that defied the efforts of a visiting U.S. peace envoy to reinforce a ceasefire.

There were no reports of injuries from the predawn Israeli strike in the town of Rafah, along Gaza's border with Egypt. Witnesses and Hamas Islamists said a metal foundry was damaged.

Moments earlier, a militant group with links to Palestinian President Mahmoud Abbas' Fatah movement claimed responsibility for firing a rocket at southern Israel yesterday.

The rocket was the first fired from Gaza since Israel and Hamas called separate ceasefires ending a 22-day Israeli offensive on Jan. 18. It caused no casualties, but Israeli leaders facing a Feb. 10 election in a campaign focused on security concerns, have vowed to respond to rocket salvoes. REUTERS

Russia orders soldier home from Georgia

TBILISI The Russian army accused Georgia yesterday of blocking the return of a soldier who disappeared from his unit and said he must come back or face prosecution as a deserter.

"Alexander Glukhov must return and continue his service," said Col. Igor Konashenkov, aide to the commander of Russia's ground forces.

Georgia, crushed by Russia in a brief war in August when it tried to retake its rebel South Ossetia region by force, paraded the soldier on Tuesday.

Glukhov told Reuters in Tbilisi he had asked for asylum, saying conditions with Russian forces in South Ossetia were unbearable.

Moscow maintains the soldier was abducted and that Georgian officials must have forced him into making statements that discredited the Russian military. REUTERS

Brazil **Deforestation protest**

RAIMUNDO PACCO / REUTERS

A Brazilian Indian is shown at a protest against Amazon deforestation at the ninth Social World Forum, which was brought to the city of Belem partly as a way of drawing global attention to the destruction of the Amazon rain forest.

News in brief

IRELAND Relatives of people killed in Northern Ireland's decades-long conflict clashed on Wednesday at the launch of a report which recommended a "recognition payment" to families of paramilitary fighters. More than 3,600 people were killed in 30 years of sectarian violence from the late 1960s. A government-commissioned panel was appointed last year to look into ways to heal wounds.

WEAPONS Iran will not halt sensitive nuclear work as demanded by the new U.S. administration, a close aide to President Mahmoud Ahmadinejad said. The U.S. and other Western powers suspect Iran's peaceful nuclear projects are a front to build nuclear arms, which the aide denied yesterday. REUTERS

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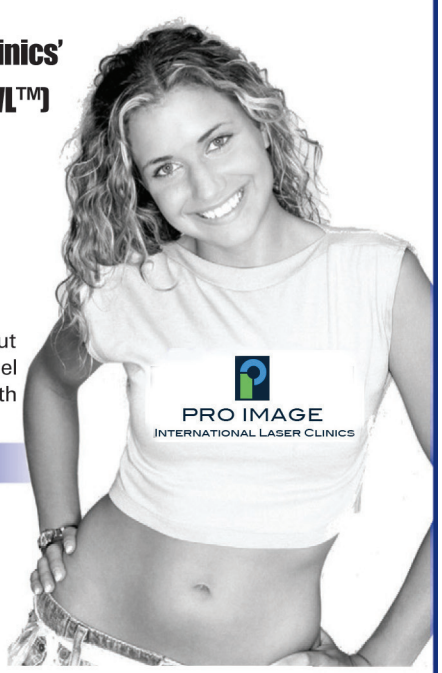

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Comment & Views

Comment

Who is this prime minister?

Home&Abroad

Andrew Cohen

Canada & world insight

Ralph Waldo Emerson famously said that "a foolish consistency is the hobgoblin of little minds." Emerson, the 19th-century American philosopher, thought the better part of wisdom is one's willingness to abandon flawed, mistaken or dated beliefs.

By this measure, Stephen Harper is Emerson's man. He's happy to divest himself of anything. There appears to be nothing — no program, no promise — that he will not jettison if it becomes cumbersome or inconvenient.

If that means remaking yourself ideologically, or becoming a political chameleon, so be it. No one can accuse Harper of much attachment to anything.

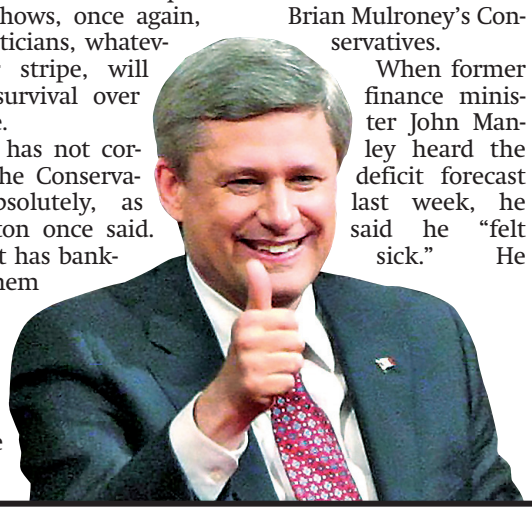
The federal budget is the latest in a string of staggering reversals. Only weeks ago, Harper declared that our economy was strong and there was no need for stimulus. And there would be no deficit.

Well, one could say that things changed between now and then. What changed was the government found Keynesian economics when it was faced with defeat. Period.

That this deficit comes from a Conservative government led by a conservative economist who once disdained deficits is exquisite. It shows, once again, that politicians, whatever their stripe, will choose survival over principle.

Power has not corrupted the Conservatives absolutely, as Lord Acton once said. Rather, it has bankrupted them intellectually. After a decade of "uniting the right" and plotting a Canadian Conservative majority, they take office and embrace deficit financing and gargantuan spending.

Canada 2009
Federal **Budget**



Breathtaking.

Some might say the Conservatives have become Liberals today, but don't be so sure the Liberals would have been this profligate. It was they who eliminated the deficit inherited from Brian Mulroney's Conservatives.

When former finance minister John Manley heard the deficit forecast last week, he said he "felt sick." He knows, more than most, the pain it took to produce a surplus in the 1990s.

Then again, a government invites a deficit when it cuts the GST and income taxes (which this government did), so it can shrink the size of government (which this government wants), so it can create a Conservative Canada. Or so it thought.

When you want to stay in power, you learn how to trim and tack. Harper is becoming good at this.

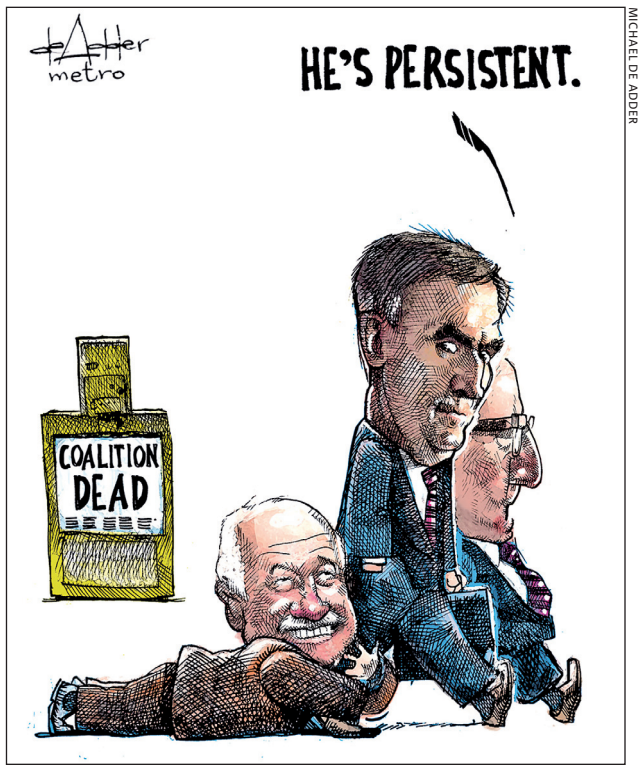
Need a new mandate? Forget the election date you fixed and call one now. Want a Conservative majority in the Senate? Forget term limits for senators.

Want to appoint a new high court justice? Forget those pesky parliamentary hearings. Dislike income trusts? Abolish them.

Want to placate the opposition? Drop plans to kill election subsidies.

Easy come, easy go. My, my, these are faithless folks.

Andrew Cohen, a professor and journalist, is the author of Extraordinary Canadians: Lester B. Pearson.



MICHAEL DE ADDER

Quote of the Day

"We have a new coalition now on Parliament Hill. It's a coalition between Mr. Harper and Mr. Ignatieff."

— NDP Leader Jack Layton on learning of Liberal Leader Michael Ignatieff's comments TORSTAR NEWS SERVICE

Views

Federal budget missed the boat to mend ACTRA wounds over prior cuts

Stephen Waddell

ACTRA

If Tuesday's federal budget was an attempt by the Conservatives to apologize to Canada's culture community for the devastating cuts of the last year, they missed a major cue. Canada's $5-billion film and TV industry is a proven job generator and gives government a lot of bang for every dollar invested. By not making a significant investment in this industry, Conservatives passed on an opportunity to create thousands of well-paying, creative, skilled jobs and, in turn, stimulate Canadian economic growth.

A healthy cultural industry is in everybody's interest — culture not only enriches our lives, it enriches our economy. More people work in culture than work in agriculture, forestry, mining, oil and gas — combined. Our cultural industries already contribute more than $85 billion — or 7.4 per cent of Canada's real gross domestic product — and more than 1.1 million jobs. ACTRA had presented a number of concrete job-creation ideas in the pre-budget process; unfortunately, the government didn't include any of them in yesterday's budget. These practical solutions would have fuelled Canada's $5-billion film and TV industry and added to the more than 125,000 full-time jobs our industry creates across Canada.

Canada 2009
Federal **Budget**

We also pitched the idea of re-introducing "income averaging" for tax purposes over a five-year period to provide fair and equitable tax treatment for self-employed Canadians, such as performers. We're pleased to see renewed commitments to the Canadian television fund and new media fund. However, this is basically a status quo budget for our industry and a missed opportunity to use the job-creating power of our industry to its full potential.

Simply put, Canadian performers are surprised the government is passing on such a no-brainer.

Stephen Waddell is National Executive Director of ACTRA, the national association representing over 21,000 professional performers.

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Toyota recalls Yaris

Toyota is recalling 58,000 of its 2006 and 2007 Yaris subcompact models sold in Canada because of a seatbelt defect. A seatbelt could cause a foam pad in the car to catch fire if the vehicle is involved in a severe front-end collision. **CBC NEWS ONLINE**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Credit plan skimpy: Critics

The federal government's clumsy attempt to regulate credit card lending through "skimpy" measures in the budget will do little to beef up consumer protections, critics charged yesterday.

Earlier this week, Conservative Finance Minister Jim Flaherty outlined a handful of proposals to better assist consumers in making "informed decisions" when using credit. But various politicians and some members of the business community say his plan lacks teeth.

Liberal Senator Pierrette Ringuette called Flaherty's proposals an "insult," arguing he should have introduced rules to shield consumers and businesses from rising interest rates and fees. She raised those concerns with Liberal Leader Michael Ignatieff, but also urged the Senate yesterday to investigate the industry.

"Consumers need to pay less interest rates to sustain their purchasing power."
Pierrette Ringuette

"Given the current state of our economy, consumers need to pay less interest rates to sustain their purchasing power," Ringuette told senators.

Flaherty's proposals include a new task force on financial literacy, while "strengthening disclosure requirements" on banks that issue credit cards. That involves simplifying the language on documents, while providing "clear and timely advance notice" of rate and fee changes.

Canada 2009 Federal **Budget**

Additionally, the government promised to limit "business practices that are not beneficial to consumers," without naming specifics. That could include minimum grace periods on new purchases and changes to debt collection.

MP Dan McTeague, the Liberal Consumer Affairs critic, wants a cap on rates set at 12 per cent above the banks' prime rate. The NDP want it set at five per cent above prime.

TORSTAR NEWS SERVICE

GDP outlooks too rosy: IMF

ECONOMY The International Monetary Fund says Canada's economic recovery will be far less vigorous than the federal government and the central bank are predicting.

The world body yesterday revised its outlook for Canada sharply downward, forecasting the country's economy will grow by a sluggish 1.6 per cent in 2010, after contracting by 1.2 per cent this year.

That view contrasts with Finance Minister Jim Flaherty prediction a day earlier in the budget.

The government expects real gross domestic product will grow by 2.4 per cent in 2010, after shrinking by 0.8 per cent this year. Even that rosy prediction pales in comparison to the Bank of Canada's latest projections for real GDP growth of 3.8 per cent next year, following a 1.2 per cent contraction this year. **TORSTAR NEWS SERVICE**

Air Can workers nix new contract

AIRLINE Air Canada's hopes of easy flying ahead of labour negotiations this spring have been jettisoned after about 5,000 ticket agents and call centre workers, part of the Canadian Auto Workers (CAW) union, voted 78 per cent against a tentative collective agreement.

While its current agreement with CAW doesn't expire until May 31, Air Canada had been hoping to set a positive precedent before it sits down to negotiate similar contracts with its other three main unions. **TORSTAR NEWS SERVICE**

Virgin **High-stakes ad contest**

TONY BOCK/TORSTAR NEWS SERVICE

Richard Branson, founder of the Virgin group of companies, waves to the crowd during an Advertising Week event in Toronto. He was in the city to award eight students a $100,000 prize for a contest to create a Virgin ad package.

Unexpected profit drop for Boeing

EARNINGS Boeing Co. reported an unexpected fourth-quarter loss of $56 million US yesterday, down from $1.03 billion US in profit a year earlier.

Feeling the pain of the recession, which has affected airlines, Boeing lowered its forecast as it expects more plane order cancellations and uncertainty over the U.S. defence budget.

Chief executive Jim McNerney said he was also targeting 10,000 job cuts this year, or about six per cent of the company's total. **REUTERS**

How green is your wallet?

ENVIRONMENT As recession drives consumers to cut costs, their commitment to organic food has been tested with sales growth slowing — but so far, sales are not falling. How green are our wallets?

The global market for organic food and beverages was worth $22.75 billion US in 2007, after more than doubling in five years, according to market research firm Euromonitor International.

Though the sales growth is slowing in the U.S. and Europe as shrinking incomes force the newly green to save money, one marketing expert noted that most people who purchased organic foods were very committed, and said big declines in the industry were unlikely. **REUTERS**

In **brief**

ENERGY Canadian oil and gas drilling could fall 21 per cent to 13,500 wells this year because of slowing petroleum demand and low commodity prices, the Petroleum Services Association of Canada said. That number is down from 17,043 in 2008, and 46 per cent below the record 25,000 wells drilled in 2005. The association, which represents oilfield services firms, said only British Columbia will see an increase in drilling, as producers rush to exploit promising new natural-gas plays. Alberta's drilling will fall 27 per cent. **REUTERS**

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Canadian Dimitroff named top NFL exec
A former University of Guelph student has been chosen as the NFL's executive of the year by The Sporting News. Thomas Dimitroff, right, led the Atlanta Falcons to the playoffs in his first season as a general manager. METRO NEWS SERVICES

Sports

"Anybody that says we should blow up this organization should get their own bomb and go blow themselves up."

Ottawa Senators owner Eugene Melnyk, left, during a press conference yesterday, discussing the Sens' subpar season. METRO NEWS SERVICES

JOHN.CHICK@METRONEWS.CA

Should Cammalleri play the market these days?

TheHockeyNews

Memo to Mike Cammalleri: Don't dismiss suggestion to discuss contract extension even though we're in the middle of the season. If Henrik Zetterberg thinks it's a good idea, maybe it is for you too.

Conventional wisdom among soon-to-be unrestricted free agents has always been to wait until the July 1 signing frenzy. At least one team will be happy to overspend for a top notch UFA. Why would a pending UFA not wait to see how high those figures get?

But the times they are a changing. The global economic recession has been slow to hit hockey because the bulk of revenues — season ticket payments — was realized last summer before most North Americans realized they were trending towards a slowdown.

NHL revenues are up marginally or flat this season and next year's salary cap will likely remain in the $56 million range. But paying customers and NHL team owners surely realize there are troubled times ahead. Even the NHL Players Association is ramping up escrow payments beyond 20 per cent in preparation for darker days.

Set to become a UFA in July, Cammalleri is having a fabulous season and is on pace for 40 goals and 80 points. Had we not been entrenched in a worldwide recession, credentials like that would net the 26-year-old Cammalleri a long-term deal averaging at least $5.5 to $6.5 million.

But look around at the sagging financial fortunes of the Phoenix Coyotes and other sunbelt teams and its clear we'll see more fiscal constraint than ever before come July.

Sure, there will be some buyers out there, but the chances of Cammalleri getting a $6-million deal are dwindling with each passing gloomy report in the business section.

Cammalleri was quoted as saying his pending UFA status is "out of his hands."

No, it's not. Tell your agent you want a deal done now. Considering the chemistry you and Jarome Iginla have together, a five-year home team discount deal worth $25 million would be beneficial to both yourself and the team's chances of remaining Cup contenders.

Wait till the summer in the hopes of getting a few million more and you might wind up in a less palatable situation with less cash.

Maybe that's why Zetterberg signed for an average of $6 million with a winning organization.

The Hockey News
thn.com

Check out Laurence Heinen's Super Bowl blog at metronews.ca/blogs

Sports in brief

NHL Henrik Zetterberg has been signed to the longest contract in the Red Wings' history, a 12-year deal that will keep the star forward in Detroit until 2021. The deal is worth slightly more than US$72 million. "Henrik is one of the world's premier players at both ends of the ice," general manager Ken Holland said. Zetterberg, 28, is in his sixth NHL season, all with Detroit. The Swedish native has 43 points in 45 games.

METRO NEWS SERVICES

Flames bash Buffalo

NHL RESULT

Flames 5 Sabres 2

LAURENCE HEINEN
for Metro Calgary

JACK CUSANO/REUTERS

Mike Cammalleri receives congratulations from Mark Giordano, Craig Conroy and Jarome Iginla after scoring in the third period last night.

THE SKINNY: For the second straight game, Todd Bertuzzi emerged as the hero, this time when he wired a perfect shot into the top corner past Buffalo goalie Ryan Miller at 7:08 of the third period for the game-winning goal.

THE QUOTE: "I thought I'd change it up and try to go forehand roof," said Bertuzzi, who backhanded the winning goal to the top corner during a 5-4 shootout win over the Columbus Blue Jackets last week. "I'm glad it worked out."

THE HOT TRICK: Following his first hat trick of the season, Michael Cammalleri has now lit the lamp in four straight games and has 11 tallies in his past seven contests. Fans proceeded to litter the ice with a few dozen hats after Cammalleri's three-goal performance.

THE SQUEAKERS: Dion Phaneuf's harmless-looking shot found its way through Miller's five-hole early in the second. In the third, Cammalleri didn't get all of a one-timer attempt but the puck still squeezed through the Buffalo goalie's pads prompting a chorus of jeers (Miller-Miller-Miller) from the Saddledome faithful.

THE SECOND QUOTE: "As soon as I fanned on it, I was thinking hopefully it goes to (Daymond Langkow) back door and it looks like a pass and then it ended up in," Cammalleri said. "I've played a lot of games in college against Ryan Miller. He's never given me one of those. He's always been the opposite, ultra stingy, so it's nice to get one lucky one on him."

THE NEXT GAME: The Flames wrap up their three-game homestand on Friday (7 p.m., Fan 960, Sportsnet) when the Nashville Predators make their second of two visits to the 'Dome this season.

SCOREBOARD

NHL

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Chicago at Anaheim
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Cottage Life has launched a new website called Cottageliferentals.com and it boasts a directory of hundreds of cottage listings giving renters an opportunity too search for waterfront properties across Canada. METRO NEWS SERVIES

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EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Take steps to a healthier lifestyle

JOY GREGORY
for Source Media Group

With last year tucked firmly into the ol' Been There Done That column, who can resist the obvious temptation of having an entirely new calendar year to try and make your part of the world a little healthier, happier — and maybe even a little more fun?

First, the good news. Edmonton psychologist Dr. Ganz Ferrance says January is a good day to take stock of your life and resolve to make changes for the better. "New Year's is a great time because there is a natural start to something new." That said, Ferrance cautions against getting too hung up on particular dates. In terms of the best time to make decisions that will make your life better, "every day is a new year."

So what happens if your previous experience with new year's resolutions exhausts more than it inspires? To paraphrase rocker Terence Trent D'Arby: You may be trying to do the right thing, the wrong way. To break that pattern, without abandoning your resolution or carrying the angst of it going unfulfilled, Ferrance suggests you zero in on what you want to accomplish, and then put a plan in place to make it happen. "And don't be afraid to invest in yourself," notes Ferrance, who recommends your plan for success include professional help, regardless of whether your goals involve quitting smoking, losing weight, getting fit, becoming more organized or taking control of your finances.

Eating healthy can be a start to a healthier lifestyle, but to succeed in the end, you need a plan.

The lack of a workable plan probably tops the list of reasons why fitness industry stats show 75 per cent of people new to exercise drop out in the first six months, says Tye Babb, owner of Target Your Energy Personal Fitness and Development, which supplies personal training to YMCA Edmonton.

Lindy Kennedy is a dietician who's also big on "the plan." Working for Preventous Collaborative Health and her own company, Fit-Nut Consulting, both in Calgary, Kennedy helps her clients set specific goals they can focus on over a two-to-three-week period. The first goal could involve increasing your water intake. After that, a client could add a balanced breakfast, then learn to replace unhealthy snacks with nutritionally-dense options. This approach packs a cumulative punch for better health, since incremental changes make major lifestyle modifications easy instead of onerous, says Kennedy.

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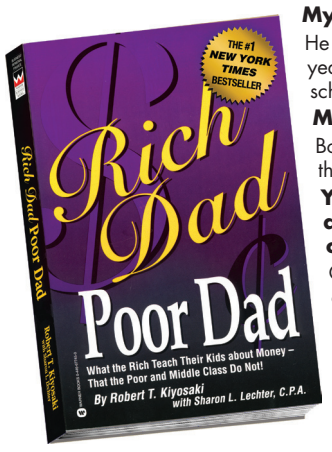

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Recognize the pattern?

HomeScape

"Using patterns adds excitement and movement to a decor scheme ... Solid colours on their own are kind of dull."

I grew up in a house full of patterns. Pattern upon pattern upon pattern. The wallpaper was patterned, the carpet was patterned and the upholstery was patterned. I had to warn friends before they came to visit, so they wouldn't feel dizzy or disoriented.

Don't get me wrong, I'm very fond of my mom and dad's decor style. It's very much them. They love patterns, and why not?

Using patterns adds excitement and movement to a decor scheme. Let's face it, solid colours on their own are kind of dull. Using one pattern with solids is a little more interesting. But a series of effectively matched patterns can truly change an ordinary room into one that is spectacular.

But combining patterns can be tricky — it's always a bit of a balancing act. The bottom line when it comes to using several patterns together is to avoid overwhelming with colour, scale, or line.

First of all, use small doses of pattern rather than splashing them across large surfaces like walls, or carpeting or flooring. Instead, think in terms of toss cushions or cushion covers, throws, lampshades and smaller rugs. Or using a boldly patterned wallpaper on one focal wall, rather than on all four of them.

People often choose a "quieter" or less dramatic pattern or a solid for large pieces of upholstered furniture, like a large sofa, for example. A more dramatic print can be a perfect choice for a smaller armchair, for example. It will be a focal point, a "punch" of pattern in your room, but it will not overwhelm.

Patterns come in several different categories, such as florals, botanical patterns such as leaves, vines or trees, stripes, checks or plaids, and abstract patterns of various styles. Also popular nowadays are the reinterpreted "new" traditional patterns, such as fleur-de-lis, toile, or harlequin.

In terms of style, botanical patterns tend to work well in a space with a lot of emphasis on natural elements, like stone, wood and subdued earth tones. Other types of patterns such as florals, stripes or checks can be very flexible depending on the type of rendering it receives, working well in both traditional and contemporary settings. What is important is mixing the patterns effectively, and that means you must carefully consider scale and colour as well as style.

When you combine patterns, one simple rule is to use patterns with different sizes or scales. For example, a small pattern such as a little check will work well with a large floral pattern. Or a large striped pattern will work with a medium-sized floral pattern. However, do not use pieces with similarly-sized patterns.

When you think you've got it, congratulations! But keep looking out for the reaction of visitors. If they appear to get dizzy or disoriented when they enter your house, you may have to reconsider your patterns combinations.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Sugar shock
Canadians consume, on average, more than six teaspoons of added sugar in the morning, which is half the World Health Organization's daily maximum estimate of 12 teaspoons a day. The results come from a national survey commissioned by SPLENDA® Brand Sweetener that looked into Canadians' morning eating habits. METRO NEWS SERVICES

Food

Canadian supplier Trudeau introduces the Garlic Duo, a dual function tool that effectively crushes or slices garlic cloves.

Metro News Services

For more

The Garlic Duo has a five-year warranty and is dishwasher-safe. It comes in blue, green or red and has a suggested retail price of $24.99. Visit trudeau.ca for more.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

LiquidAssets

Peter Rockwell
liquidassets@eastlink.ca

Down south

While I've gone to a lot of far out places to wet my whistle the furthest so far has got to be South Africa.

With a layover in London my trip last fall to the Western Cape took over thirty hours, but it was worth it to get some lips-on perspective as to what's hot and happening in its unique wine regions. Both the shiraz and sauvignon blanc grapes have surpassed old school pinotage in popularity and cool mega blends of umpteen varietals are filling the glasses of those hip to what's cutting edge.

Take **KWV's 2006 Roodeberg Red ($12.95 - $15.99)**. Though the brand is no spring chicken (it recently celebrated it's 50th vintage) its rustic, big-fruited marriage of earth, smoke, spice and chocolate has influenced a whole new wave of ingenious South African blends like **Fairview Cellars' 2006 Goats do Roam Red ($12.95 - $15.99)**.

The Goat's shiraz-led mix of six grapes shows off some nice juicy red berry fruit capped-off by a light candied finish that reminded me a bit of cherry Nibs.

While fresh springbok may be tough to find at your neighbourhood grocery; local game and grilled meats make a nice pairing for both wines.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Fill up a super bowl

À la carte

Barb Holland
Metro Food Writer

NFL Super Bowl XLIII

If you'd rather be in front of the TV watching the big game than in the kitchen, here's a hearty beef chili that makes good use of your slow cooker for a hassle-free supper. The flavour improves overnight, so if time permits, consider making it a day or two ahead and reheat in slow cooker. Serve with lots of crusty bread and cold beer.

Chipotles are dried smoked jalapeno peppers in a spicy tomato vinegar sauce (adobo sauce). They add a wonderfully rich, smoky flavour. Purée the entire can, including sauce, until smooth. You won't need the entire can, so freeze the remaining in a resealable bag or freezer container for another use, such as my Cranberry Chipotle Glazed Meatballs at metronews.ca/alacarte (Nov. 27, 2008). For another game plan for super bowl supper, try Pulled Pork (Oct. 23, 2008).

The flavour improves overnight, so if time permits, consider making it a day or two ahead and reheat in slow cooker.

Serve this chili with lots of crusty bread and cold beer.

Hearty Beef Chili

If you have a large crowd and a large slow cooker, double the recipe. If you like kidney beans in chili, add a can of drained beans during the last hour. Makes six servings.

INGREDIENTS:
- 2 lb (1 kg) stewing beef
- 1-2 tbsp (15 to 30 ml) vegetable oil
- 2 onions, chopped
- 1 red or green pepper, chopped
- 2 cloves garlic, minced
- 2 tbsp all-purpose flour
- 2 tbsp (30 ml) chili powder
- 1 tbsp (15 ml) ground cumin
- 1/2 tsp (2 ml) each salt and pepper
- 19 oz (540 ml) can stewed or diced tomatoes
- 1-2 tbsp (15 to 30 ml) puréed chipotle peppers in adobe sauce or 1 tsp (5 ml) hot pepper flakes
- 19 oz (540 ml) can red kidney beans, drained and rinsed (optional)

METHOD:
Trim any fat off meat and cut into chunks, if necessary. In a large skillet, heat 1 tbsp (15 mL) oil over medium-high heat. Brown meat in batches and transfer to slow cooker.

Add a little more oil to skillet and sauté onion, pepper and garlic until lightly softened, about 5 minutes. Stir in flour, chili powder, cumin, salt and pepper. Add tomatoes and puréed chipotle peppers, bring to a simmer. Pour sauce over beef in slow cooker. Stir well, cover and cook on low for 8 to 10 hours or until meat is tender. If adding beans, add one hour before end of cooking.

Tip: For stove-top preparation: Prepare as above, increasing the liquid to cover the meat in a large Dutch oven or saucepan (beef broth, more tomatoes or beer). Bring to a simmer, reduce heat and cook, covered for 1-1/2 to 2 hours or until meat is tender. Stir occasionally. Add beans for last 20 minutes.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

double dinner deal

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Humane cuisine

Humane Society International (HSI) is bringing its campaign against shark finning to the Chinese New Year celebrations in major cities this week. Every year, tens of millions of sharks are hunted for shark fin soup. Shark fins are often removed when the animals are still alive and sharks are then thrown back into the water to die. **SOURCE: HSI**

🌐🌐🌐🌐🌐 INSPIRED; 🌐🌐🌐🌐 VERY GOOD; 🌐🌐🌐 PALATABLE; 🌐🌐 HO-HUM; 🌐 NEVER AGAIN

Ric's Grill sets its steaks sky-high

LunchRush

Blaine Schlechter

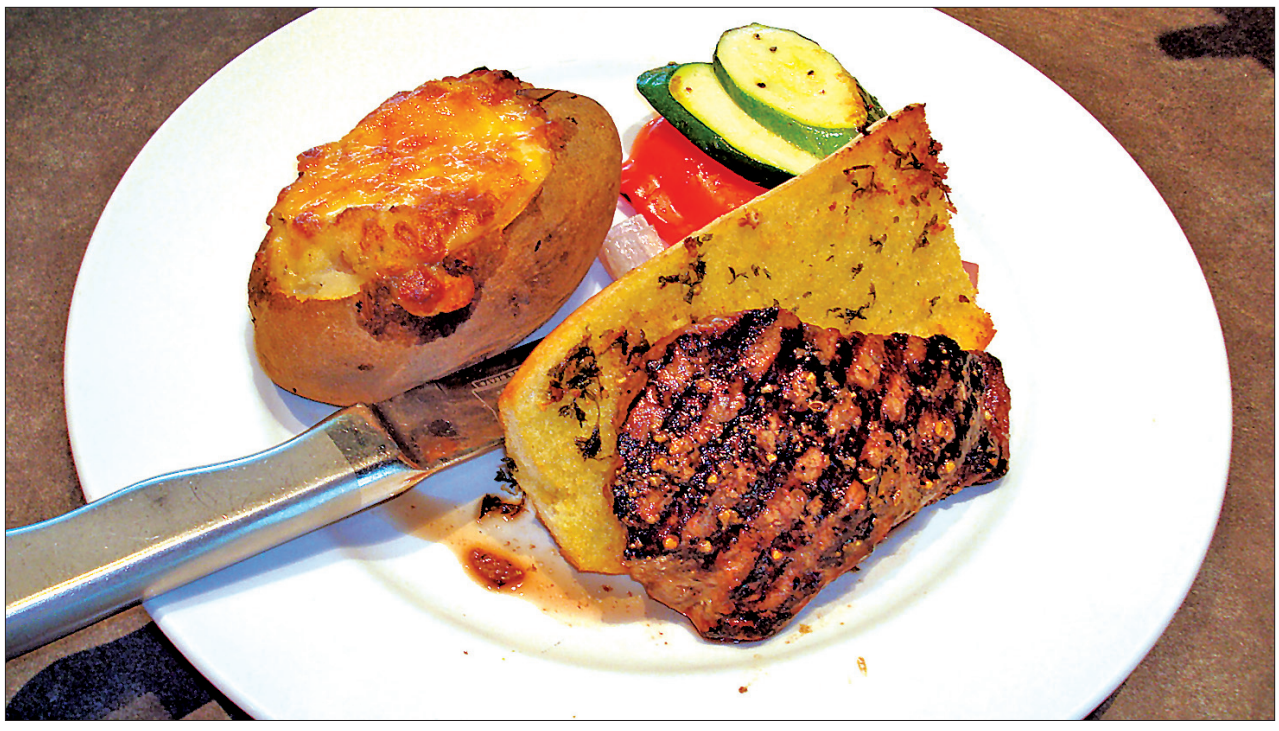
blaine.schlechter@metronews.ca

Ric's Grill
1436 8th Street SW
403-269-7427
ricsgrill.com

Hours of operation: Mon/Tues (11 a.m.-10 p.m.), Wed/Thu (11 a.m.-11 p.m.), Fri (11 a.m.-1 a.m.), Sat (4 p.m.-1 a.m.), Sun (4 p.m.-10 p.m.)
Rating: 🌐🌐🌐
Price range: $$$
Reservations: Available
Client negotiations: Yes
Lunch w/co-workers: No
Social Lunch: Yes
Quick solo lunch: No
Time in: 12:55 p.m.
Ordered: 1:05 p.m.
Food arrived: 1:16 p.m.
Time out: 1:46 p.m.
Total time: 51 minutes
Low $: Organic Field Greens Salad, $10
High $: 10 oz New York Strip, $28
Lunch menu: Additional seasonal lunch menu
Licensed: Yes

I have, up to this point, committed a major lunch rush felony. I have been writing about my lunch experiences in Calgary for the past few months now and I have yet to visit one of our fine steak establishments. In the land of world-class Alberta beef I consider this a tragedy and it is now time to correct my mistake.

I opted to ease into this world by visiting Ric's Grill, situated on the edge of the downtown core. Ric's is large in size and looks like I had expected: Wood-grained and modern décor, serving staff dressed in black and seats full of suits. The menu was made up of the main dinner menu supplemented by a Winter Lunch Features Menu, with its six additional entrees. Both menus gave a nice variety of options including salads and sandwiches, pasta and stirfry, seafood and chicken and, of course, steaks.



I opted for the lunch menu and choose the Sirlion Steak Sandwich ($17) with the baked stuffed potato and veggies.

I opted for the lunch menu and choose the Sirlion Steak Sandwich ($17) with the baked stuffed potato and veggies. The steak was cooked to perfection as ordered but I should have gone with the salad for the side.

Ric's Grill is what you would expect from a restaurant of this nature: The food is excellent, the service is pleasant and the prices are, well, typical. What Ric's Grill does offer is all of the above without the pretentiousness of being a downtown high-end restaurant, which I was half expecting.

It also proved that Calgary does have some of the best steaks around, making me salivate in anticipation for the next one.

Armani, Dolce & Gabbana in a tiff over trousers
Italy's top designers are squabbling over a pair of padded trousers, with Giorgio Armani accusing Dolce & Gabbana of copying him and the duo in turn saying the doyen of fashion has nothing to teach them. REUTERS

Style

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EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Luxury shoes shine

Metallics, snakeskin prints and earth hues adorn '09 shoes

JENNIFER YANG
for Metro Canada

Boom or bust, women's shoes have a knack for staying well-heeled, even in the most recessionary of times.

This spring is no exception and for anyone wondering where all the wealth has gone, look no further than a shoe-lover's feet.

"Women love shoes and it's that one item that's an attainable luxury," says Canadian designer David Dixon. "What's that saying? 'When the going gets tough, they go shoe shopping?'"

Thankfully, designers aren't subscribing to the recessionary mood and this spring, they're trotting out shoes in luxe, lustrous and bejeweled. In Dixon's own line, there's no shortage of rhinestone-studded straps, rich hues and earth tones paired with brushed metallics.

Faux leather Sweetheart Mary Jane Pump, Payless, $60.

"There is a fantasy to it, and I think it is a part of the escapism," he says.

While metallics are still popular, one of the biggest materials for 2009 is of the serpentine variety and city dwellers better get used to seeing snake on the pavement.

"Natural snake, black and white snake, metallic snakes… it's a very rich-looking shoe," explains Julia Brownstein, senior buyer for Browns. "When you do a metallic snake, right away it looks very rich and expensive and it's something you can wear day and night."

"What's that saying? 'When the going gets tough, they go shoe shopping?"
David Dixon, designer

With April showers also come lace and flowers, and feet are getting romanced with satin, bows and lacy adornments. As for colours, cobalt and navys are cropping up alongside purples, greens and oranges, as is the classic nude shoe.

"With the economy and the way things are going right now, the type of purchase that will be strong this summer is something neutral that would go with a lot of things," says Brownstein.

Mixed metallic gladiator sandal, Gap, $49.50.

But perhaps the biggest shoe of spring is last year's winner, the gladiator, both in sandal and stiletto. Having fought its way into a second round on the runways, the Greco-Roman shoe has re-emerged a bit more refined.

"It really started last year with the basic up-the-leg traditional gladiator, but now a lot of designers are doing it on a platform," says Richard Markowitz, buyer for Davids. "Through the gladiator shoe, you're also getting a more strappy look and the birdcage look."

Heels have undergone some interesting treatments this spring, like tapered points or creative detailing, but heights are nowhere as lofty as last year.

"That has to do in part with the economy," Markowitz says. "People want something a little more fashionable, something they can wear a couple of times and not just once."

Brown snakeskin leather sandals, Feet First, $89.99 (In stores May).

Michael Kors metallic sandal, Browns, $178.

Dolce & Gabbana's offensive campaign?

DESIGN Dolce and Gabbana's next advertising campaign is likely to offend with a portrayal of men praying, say the Italian designers who had to withdraw an ad two years ago when it was branded as humiliating women.

Italy's most famous designer pair said photographer Steven Klein had captured the essence of their Baroque collection, taking inspiration from the film The Leopard, about the decline of an aristocratic Sicilian family at the time of Italian unification.

"The next ad campaign will show men on their knees praying," Domenico Dolce and Stefano Gabbana said in an interview with Italian daily La Stampa. "For sure they will say we are offending religion. Instead it could be read as a return to values. And there is a need for that at this time."

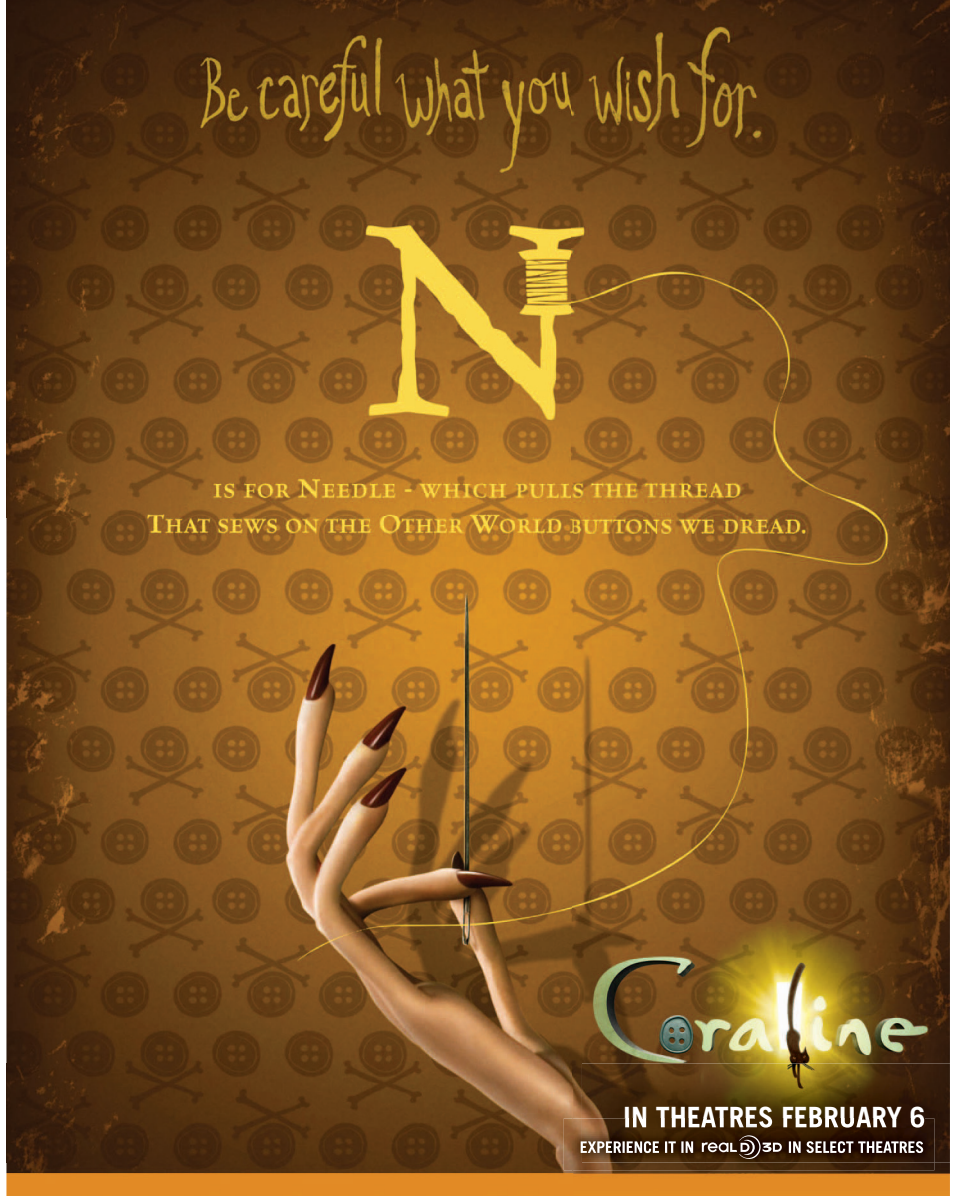
In 2007, Dolce & Gabbana pulled all advertising from Spain to "protect their creative liberty" after authorities there called for an end to a campaign they said humiliated women.

One ad, which Dolce & Gabbana also withdrew in Italy, showed a bare-chested man holding down a woman by her wrists while other men look casually on. It attracted criticism from human rights group Amnesty International and a union in Italy. REUTERS

GlobalStyle

Kenya Hunt

Read Kenya, exclusively at metronews.ca/globalstyle and check out her blog at kenyastyle.com



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Who Do You Think You Are?
In a new genealogical documentary series, stars including Sarah Jessica Parker, Lisa Kudrow and Susan Surandon will find out just whom they are related to. The actresses will appear in NBC's Who Do You Think You Are? **USMAGAZINE.COM**

Entertainment

Juno gig

CTV has announced that Sarah McLachlan is the first artist slated to perform live on the Juno Awards broadcast on March 29.
METRO NEWS SERVICES

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Most memorable halftimes

IAN NATHANSON
for Metro Canada

It's as old — and often as overhyped and controversial — as the Super Bowl itself.

Yet what millions upon millions view as that entertaining diversion between the NFL championship's second and third quarters took years to find its stride.

Since the game's inception, the likes of American college marching bands, drill teams, incarnations of motivational singing troupe Up With People and the odd vocal act typically filled a 15-minute average time slot.

By the 1990s, a directional change and barking orders to "go big-name" led to bringing in more established acts from country music, R&B, pop and rock.

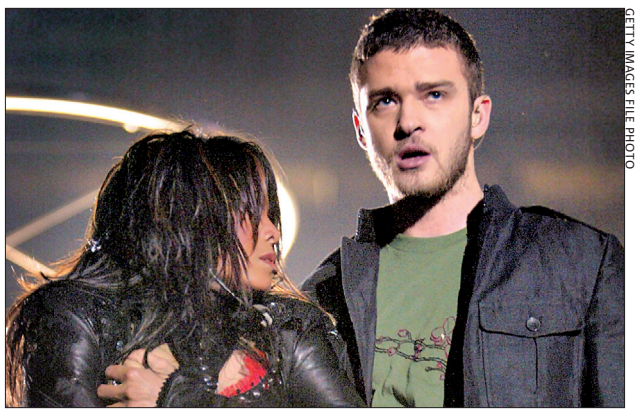
NFL
Super Bowl
XLIII

The Super Bowl halftime show also affords a great excuse to go overboard on stage presentation and excessive stars-and-stripes patriotism. So it might not surprise anyone if this year's halftime act, Bruce Springsteen and the E-Street Band, happens to dole out a rendition of Born in the U.S.A.

Top Super Bowl halftime highlights:

• **5. Michael Jackson, Super Bowl XXVIII, 1993:** The King of Pop singing Heal the World accompanied by a choir of 3,500 Los Angeles-area children.

• **4. Aerosmith, 'N Sync, Britney Spears, Mary J. Blige, Nelly, Super Bowl XXV, 2001:** A bridging of two generations: Veteran rockers Aerosmith get down with superstar popsters 'N Sync and Britney getting their chance to warble the rapid-fire lyrics of the mid-'70s classic, Walk This Way.



GETTY IMAGES FILE PHOTO

Janet Jackson, left, and Justin Timberlake set off a firestorm of complaints, a $500,000 US fine for CBS and worldwide talk of the so-called "wardrobe malfunction" at Super Bowl XXXVIII.

• **3. U2, Super Bowl XXVI, 2002:** Bono's typical frontman showmanship wasn't the star of this performance. Instead, a banner that scrolled the names of the 3,000 men and women who died during the 9/11 attacks just months before was enough to tug at the collective heartstrings.

• **2. Prince, Super Bowl XLI, 2007:** Even with a controversial silhouette of a revealing pose, His Royal Purpleness let loose a top-notch 12-minute set of his classics all capped by a rain-soaked Purple Rain complete with blistering guitar solos.

• **1. Jessica Simpson, Nelly, P. Diddy, Kid Rock, Janet Jackson and Justin Timberlake, Super Bowl XXXVIII, 2004:** A.k.a. Nipplegate. Those final few seconds of J.T. opening a piece of Janet's clothing to reveal a star-shaped shield over her right nipple was enough to set off a firestorm of complaints, a $500,000 US fine to CBS and worldwide talk of the so-called "wardrobe malfunction."

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/29/09 primetime	267	351	- ACCESS	Truth, Duty, Valour		Law & Order: Criminal Intent		Eleventh Hour "Eternal"		(10:01) Private Practice (N)		Truth, Duty
	243	317	3 CFCN	etalk	Hollywood	ER "Heal Thyself"		American Idol (HDTV) (N)		CSI: Crime Scene Invstgtn.		News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (HDTV)		Grey's Anatomy		Practice
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	The Unit		Bones "Fire in the Ice"		The Office	The Office	News Hour
	246	-	8 CKAL	Law & Order: SVU		Hell's Kitchen (N)		Ugly Betty (HDTV)		30 Rock	30 Rock	Your City
	119	705	9 CBXFT	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		M pour musique (HDTV) (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors (N)		Criminal Minds (HDTV)		CSI: Crime Scene Invstgtn.		Eleventh Hour
	-	374	14 KSPS	NewsHour With Jim Lehrer		Born to Be King: Charles at 60		Poirot		New Tricks		Soundstage (N)
	502	390	15 CBC	CBC News: The National		Doc Zone: Fidel Castro		CBC News: The National		CBC News: The National		Doc Zone
	-	370	16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	Kath & Kim	The Office	30 Rock	(11:01) ER
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV) (N)		Hell's Kitchen (N)		News (N)
	297	652	37 WPIX	Supernatural (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	NHL Hockey	SportsCentre		That's Hockey!	SportsCentre	In This Corner	Motoring 2009	Strongman	Wtr. X-Games
	408	418	27 net	UFC 74: Respect Couture takes on Gonzaga.				Hockey Central	UFC Primetime	Sportsnet Connected		Best-Sports
	410	403	30 SCORE	NBA Basketball: Cavaliers at Magic			NBA Basketball San Antonio Spurs at Phoenix Suns. (Live)					Final Score
	411	457	44 OLN	Mantracker		Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter
	417	406	48 SPEED	Pinks -- All Out		Wrecked	Wrecked	NASCAR Pre.	Pass Time	Pinks -- All Out		Pinks -- All Out
family	552	543	20 YTV	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Adrenaline Proj	Prank Patrol	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Misadventures	Futurama	The Critic
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Name Is Earl	Kath & Kim	*Shock to the System* ★★ (2006, Mystery) Chad Allen.				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521	560	24 TLC	Saw for Hire	Saw for Hire	Man Whose Arms Exploded		Saw for Hire	Saw for Hire	Man Whose Arms Exploded		Overhaulin'
	603	561	25 FOOD	Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes	Ace of Cakes	Challenge Chocolate art.		Unwrapped
	615	520	26 A&E	The First 48 (HDTV) (N)		The Beast "Nadia" (N)		The Beast "Nadia"		The First 48 Cabdriver.		The First 48
	617	522	32 SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*Beerfest*
	601	562	33 SLICE	10 Pounds	Last 10	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser		Trading Sp
	-	633	34 ENC2	(6:45) *The Little Drummer Girl* ★★ (1984, Suspense)				*The Mask of Zorro* ★★★ (1998, Adventure) Antonio Banderas.				
	520	505	35 DISC	(6) Apocalypse How		MythBusters Sayings.		Daily Planet		Deadliest Catch		Apocalypse
	620	523	36 BRAVO	*Eighteen* (2004, Drama) Brendan Fletcher, Carly Pope.				Law & Order		Without a Trace		*I Like It Like*
	294	650	40 WPCH	Friends	Friends	*Panic Room* ★★★ (2002, Suspense) Jodie Foster.				Family Guy	Family Guy	Seinfeld
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP
	-	539	42 TCM	(6) *Annie Hall* (1977)		*Modern Romance* ★★★ (1981, Comedy)			(9:45) *The Apartment* ★★★★ (1960, Comedy-Drama)			
	628	584	43 SPIKE	TNA iMPACT! (HDTV) (N)				CSI: NY (HDTV)		UFC Primetime	UFC Primetime	UFC Primetime
	522	516	45 HIST	Deep Wreck Mysteries		NCIS		Lost Worlds Atlantis.		Deep Wreck Mysteries		NCIS
	627	528	46 SPACE	Star Trek: Voyager		Ghost Hunters International		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) *Rudy* ★★★ (1993, Drama) Sean Astin.		(8:45) *Stand by Me* ★★★ (1986, Comedy-Drama)					(10:45) *Pretty in Pink* (1986)	
	619	525	49 TROP	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy
	600	564	50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes		The Fix	Disaster DIY	Home to Flip
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 VIVA	Most Haunted		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Most Haunted
	269	350	93 APTN	Suaangan	Wapos Bay	By the Rapids	renegadepress	*True Heart* ★★ (1997, Adventure) Kirsten Dunst.				Rez Rides
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Desi-Mama
	571	581	100 MMM	Celebrity Wrestling		Confessions of a Teen Idol		Listed		Party of Five		Confessions
	570	580	101 MM	America's Best Dance Crew		Punk'd	Punk'd	Video on Trial	Video on Trial	Punk'd	Punk'd	Video on Trial
	581	566	102 MTV	The Real World		Bromance		MTV Live	After	Next	Mom & Dad	Bromance

critics'corner

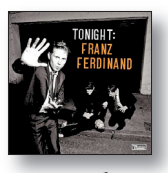
Hell's Kitchen
Sharp-tongued chef Gordon Ramsay slices and dices another batch of contestants in a new season of the restaurant reality series. All the competitors love to cook, but the one who wins a chance to run his or her own eatery will be the one who can stand being repeatedly raked over the coals by the inimitable Ramsay. They don't call this show "Hell's Kitchen" for nothing. 8 PM on CKAL

Grey's Anatomy
This is a blast from the past that Izzie (Katherine Heigl) would rather take a pass on. As the residents compete for a solo surgery, Erica (Brooke Smith) needs Izzie's help with a patient — who turns out to be the guy who missed out on the heart transplant Izzie illegally arranged for her now-dead fiance. Awkward? Oh, yeah. Derek (Patrick Dempsey) asks Mark (Eric Dane) to ask Cristina (Sandra Oh) out so she'll leave Meredith (Ellen Pompeo) alone in "Rise Up." 10 PM on KXLY

MusicReviews
music@metronews.ca

Franz Ferdinand

Album: Tonight
Label: Domino/Sony
Rating: ●●●●



NO MATTER HOW badly fans want their favourite groups to remain consistent, there comes a time when even the most successful acts need to change things up. On Franz Ferdinand's third disc the band takes that leap to the next level, throwing club beats and electronica sounds in with their familiar disco-rock style. Though some fans might not make it through the nearly eight minute Lucid Dreams, the new Franz is definitely improved. Fortunately the band hasn't messed with their formula too much.

Bryan Borzykowski/for Metro Canada

Hoobastank

Album: For(N)ever
Label: Island/Universal
Rating: ●

AT LAST, A band that truly is as bad as its name. Hoobastank had a hit called The Reason a few years back that was played a few million times too many. We should not forgive those who for some unexplainable reason supported the band back then. It is because of them that Hoobastank was allowed to record two more albums with massive big label backing. Those wretched Hoobastank fans should be locked into a dark room and forced to listen to this sorry excuse for rock 'n' roll until their emo forelocks turn gray and their skinny jeans throttle their thighs.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music by following links at metronews.ca/music

IntelleVision

Rick McGinnis

Read it at metronews.ca

Ben Affleck · Jennifer Aniston · Drew Barrymore · Jennifer Connelly · Kevin Connolly · Bradley Cooper · Ginnifer Goodwin · Scarlett Johansson · Justin Long

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Hannigan's food flip
After getting pregnant, Alyson Hannigan says she quit being vegan. "I basically went from being a vegan to ... now it's meat and cheese — and ginger ale," she told usmagazine.com. METRO NEWS SERVICES

Celebrity Buzz

Abdul pulls another diva act on Idol

PEOPLE Paula Abdul's wacky antics returned on Tuesday's American Idol episode, usmagazine.com reports.

Miffed because the other three judges didn't ask her what she thought of 19-year-old contestant Julissa Veloz, Abdul walked out of an audition in Jacksonville, Fla.

Simon Cowell and new judge Kara DioGuardi had just offered their critiques when Abdul interrupted, "OK, I guess my opinion doesn't matter. It's so funny because there's four judges ... sometimes we forget there's a fourth opinion in this room." She then walked off.

The contestant then followed Abdul and begged her to come back out.

After some prodding, Abdul returned and voted Yes on sending Julissa to Hollywood.

METRO NEWS SERVICES

Jolie still friendly with ex hubby

RELATIONSHIP Angelina Jolie certainly seems to have mastered the stay-friends-with-your-ex technique, intouchweekly.com reports. Her second husband Billy Bob Thornton recently said that he'd love to work with his ex-wife again. "I'd like to do another movie with Angie, too, one of these days."

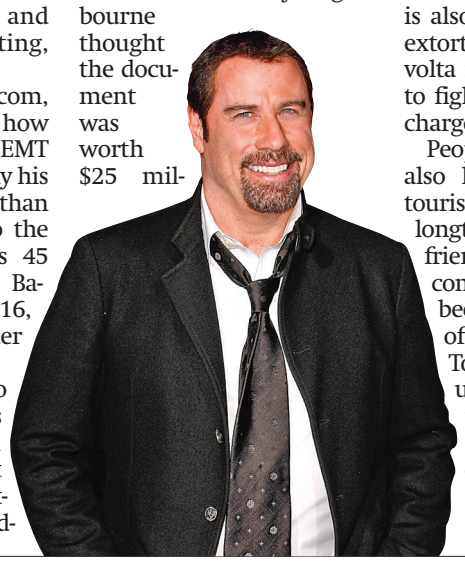
METRO NEWS SERVICES

Paper key in Travolta extortion case: Reports

DOCUMENT The item at the centre of the John Travolta extortion case: A "refusal to transport" document, RadarOnline.com and TMZ.com are reporting, people.com reports.

According to TMZ.com, the document detailed how "John Travolta told EMT workers he wanted to fly his son to Florida rather than drive by ambulance to the hospital ... which was 45 minutes away" in the Bahamas, where Jett, 16, died of a seizure disorder Jan. 2.

Paramedic Tarino Lightbourne was charged Monday with conspiracy to commit extortion and attempted extortion for allegedly demanding $25 million US to keep the document private. (As TMZ points out, it is unclear why Lightbourne thought the document was worth $25 million, as it was irrelevant to Jett's death.)



Former Bahamian senator Pleasant Bridgewater, who is also accused of trying to extort money from the Travolta family, said she plans to fight "untrue and unfair charges" against her.

People.com reports police also had detained former tourism minister — and longtime Travolta family friend — Obie Wilchcombe, but he "has not been charged," Minister of National Security Tommy Turnquest told usmagazine.com. "He was not arrested; he was questioned on Friday."

METRO NEWS SERVICES

Phoenix's rap act a hoax?

PEOPLE Joaquin Phoenix told the world he's quitting acting. Then he took to the stage in Vegas on Jan. 16 to debut his new career as a rapper. But people.com is wondering if it is all an elaborate hoax.

That's what Entertainment Weekly is also reporting. Sources tell the magazine's Hollywood Insider blog that Phoenix's bizarre career change, which Casey Affleck (who's married to Phoenix's sister Summer) has been filming, is a joke at the expense of the entertainment media and actors who take themselves too seriously.

"He said, 'It's a put-on. I'm going to pretend to have a meltdown and change careers, and Casey is going to film it,'" says one source who recently worked with Phoenix.

Like Andy Kaufman before him — or maybe even Sacha Baron Cohen — Phoenix isn't expected to break character anytime soon, EW reports: "It's an art project for him," says a source. "He's going full out. He probably has told his reps that he's quit acting. Joaquin is very smart."

METRO NEWS SERVICES

Mom scared when Miley goes driving

PEOPLE Miley Cyrus' mother is a "nervous wreck" when her daughter drives, femalefirst.co.uk reports.

The Hannah Montana star recently passed her driving test, but admits her mom Leticia Finley is still scared to get in a vehicle if she is behind the wheel.

She said: "I'm a good driver but I make my mum a nervous wreck, which makes me nervous."

The 16-year-old star insists she can handle her car and is determined not to let her mother's anxiety get to her.

She said: "I love driving, and I'm pretty good at it — I really am!"

Cyrus drives a Porsche, but it was recently reported she hates being seen in the luxury motor as it used to belong to her mom. Explaining she would have preferred a brand new model, Miley said: "I do have a car. I took my mom's old car. I didn't get the one I wanted, but I got the old car which wasn't so bad because it was a Porsche. I suppose it was a pretty good hand-me-down."

METRO NEWS SERVICES

Macca landed in 'dark place' after divorce

PEOPLE Paul McCartney has revealed his bitter divorce from Heather Mills took him to a "dark place," femalefirst.co.uk reports.

The former Beatles singer — whose divorce from Heather was finalized last year — has described the pain he suffered during the split.

The 66-year-old musician gave an honest account of the separation, saying: "I've been through a dark place."

Paul — who has been dating U.S. heiress Nancy Shevell, 49, since November 2007 — explained his latest album Electronic Arguments, recorded as part of duo The Fireman, was heavily influenced by his failed marriage.

He said: "Love and light is mentioned a lot on the album. Parts of it are dark and edgy. It could be because I've been through a dark place."

METRO NEWS SERVICES

Prince Harry lost love to distance, time

BREAKUP After five years of dating, what caused Prince Harry and girlfriend Chelsy Davy to finally call it quits last week? Those close to the prince believe time and distance may have pulled the 24-year-old royal and the Zimbabwean-born beauty apart, People magazine reports in its upcoming issue, on sale Friday.

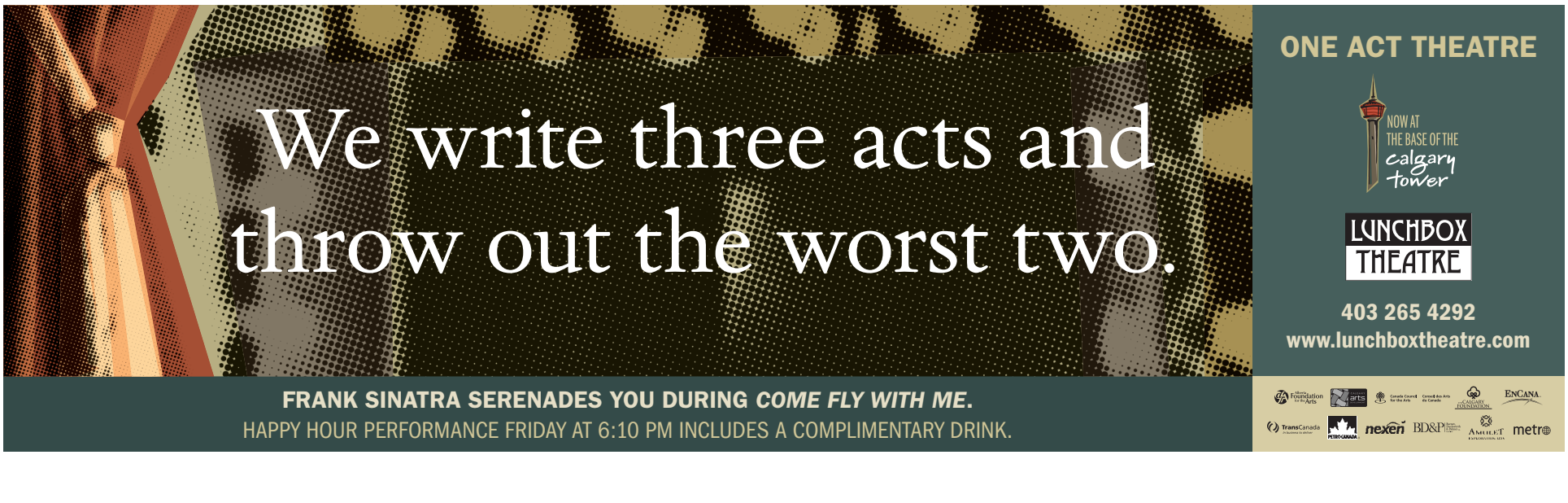
Chelsy, 23, is set to graduate from Leeds University this spring and is homesick for Africa, while Harry seems more committed than ever to army life.

When they split was announced, a royal source told People the pair felt their relationship "had run its course."

Still, the news came as a shock to some of Harry's friends. "I don't see this as long-term," a friend says.

Another pal, however, believes it's for real. "It came right out of the blue," he tells People. "But I don't think if he was madly in love with her, he would have knocked it on the head. I think it is a case of, 'Let's call it a day; we had some fun.'"

METRO NEWS SERVICES



Today Morning clouds 1 C / -10 C
Friday Morning clouds 6 C / -6 C
Saturday Flurries early -2 C / -6 C

BT BREAKFAST TELEVISION

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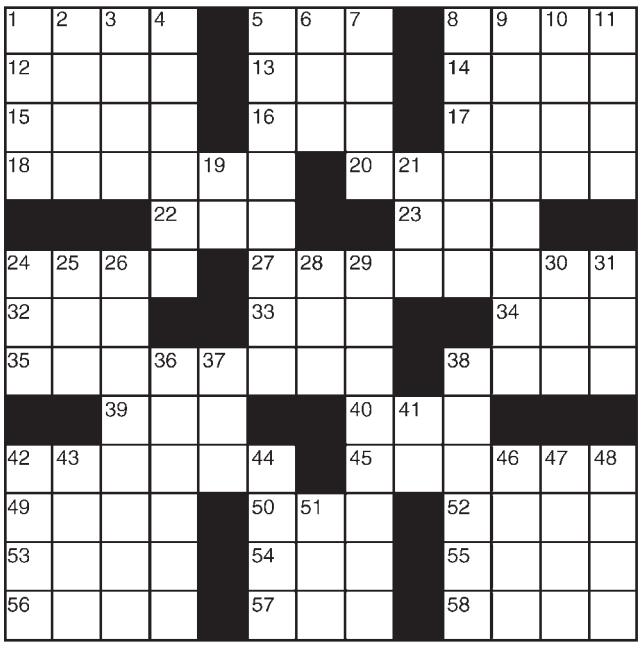
WEEKDAYS AT 6 A.M.

Take Five



Crossword across

1 Weaponry
5 "Roscoe"
8 Iolani Palace locale
12 Ayatollah's predecessor
13 Reproductive cells
14 Obnoxiously proper one
15 Gilpin of "Frasier"
16 Aviv lead-in
17 "— never work"
18 Jaundiced
20 Creepy —
22 Lennon's lady
23 Judge Lance
24 "That hurts!"
27 Administered
32 Dos Passos trilogy
33 "I told you so!"
34 Mauna —
35 Uncommunicative
38 Requests
39 Court
40 Knock ('em) dead
42 Disagreeing
45 Cantankerous
49 Big rig
50 Spring mo.
52 Hip bones
53 Tehran's country
54 Snitch
55 Void partner
56 Trig function
57 Blond shade
58 Mirth

Crossword down

1 Venomous vipers
2 Comic Caroline
3 Crumbly deposit
4 1862 battle site
5 Declined
6 "Hail, Caesar!"
7 Body powder
8 Narcotic
9 Museum pieces
10 Mound
11 Unattractive
19 Performing
21 Disencumber
24 "— Gang"
25 Work with
26 Gotham City villain
28 Still, in verse
29 After-taxes value
30 "A mouse!"
31 "— Kapital"
36 Cut aid
37 Massachusetts cape
38 Storefront canopy
41 On the other hand
42 Unrepaired
43 Garr or Hatcher
44 Poet Teasdale
46 Jewish month
47 Anger
48 Bulldogs' school
51 — de deux

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3	7				5	6	
			3		2			
9	2			7			4	1
		1	9		7	6		
5								9
		2	1		5	4		
8	7			2			3	6
			6		1			
	1	6				8	9	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	F	A	R	■	S	O	B	■	A	R	E	A
L	O	G	E	■	P	A	L	■	T	O	R	N
M	O	U	S	S	A	K	A	■	L	U	S	T
S	T	E	A	K	■	■	B	L	A	S	T	S
■	■	■	L	I	A	R	■	A	S	S	■	■
B	A	B	E	■	Q	U	A	D	■	E	B	B
E	R	R	■	F	U	S	S	Y	■	A	I	L
E	M	U	■	E	A	S	T	■	C	U	L	T
■	■	S	A	M	■	E	A	C	H	■	■	■
P	A	S	T	A	S	■	■	B	A	T	H	S
O	R	E	O	■	P	R	U	S	S	I	A	N
K	I	L	N	■	O	U	R	■	E	T	U	I
E	A	S	E	■	T	E	N	■	D	O	L	T

7	6	4	2	1	5	3	8	9
5	3	1	4	9	8	2	7	6
8	9	2	7	6	3	5	1	4
3	4	7	9	8	6	1	2	5
2	8	5	1	7	4	9	6	3
9	1	6	5	3	2	7	4	8
1	7	3	6	4	9	8	5	2
4	5	8	3	2	1	6	9	7
6	2	9	8	5	7	4	3	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Creole Veal Grillades

INGREDIENTS:
1 lb (500 g) boneless veal steak or pork tenderloin, 3/4 in (2 cm) thick and trimmed
1 tbsp (15 ml) vegetable oil
1 can (14 oz/392 g) low-sodium stewed tomatoes, undrained and cut up
1 medium yellow onion, sliced
2 yellow and/or green peppers, cut into thin strips
1 tbsp (15 ml) pickled jalapeno pepper, minced
2 cloves garlic, minced
1/2 tsp (2 ml) salt
1/8 tsp (0.5 ml) ground cayenne
3 cups (750 ml) low-sodium chicken broth
1 1/2 cup (375 ml) long-grain rice
4 medium-size scallions with tops, finely chopped
2 tbsp (25 ml) minced parsley

METHOD:
1. Cut veal into 8 pieces. Pound both sides until meat is 1/4 inch (0.5 cm) thick.
2. In nonstick skillet, heat oil over moderately high heat. Add 4 veal pieces and cook 1 to 2 minutes per side or until browned. Remove veal from skillet. Repeat with remaining meat.
3. Add tomatoes, onion, sweet peppers, jalapeno pepper, 1 garlic clove, 1/4 tsp (1 ml) salt, and ground red pepper to skillet and stir. Return meat to skillet. Bring to boil. Lower heat and simmer, covered, 20 minutes or until meat is tender.
4. Meanwhile, in medium-size pot, bring broth to boil. Stir in rice, scallions and remaining garlic and salt. Cover tightly, reduce heat to low and simmer 20 minutes, until water is absorbed. Remove from heat and let stand, lid on, 2 minutes. Fluff with fork.
5. To serve, arrange meat on rice. Spoon tomato mixture over meat and rice. Sprinkle with parsley.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Take directions when changing your plans. Don't deal with other people's garbage. Something will be said that causes extreme disapproval.

TAURUS
APRIL 21-MAY 21
A fiery debate makes you feel frisky. You'll get a thrill when reading someone's mind. Being with a compassionate person will be soothing.

GEMINI
MAY 22-JUNE 21
Be the hero of a surprising story. Getting involved in an injustice will give you problems. A stranger will be too funny for words.

CANCER
JUNE 22-JULY 22
A down-to-earth approach will work out well. A gloomy dilemma benefits you. A thrilling predicament creates a diversion.

LEO
JULY 23-AUG 23
A man has to change tactics. A scandalous deed looks like more fun than it is. Avoid further contact with an unrequited lover.

VIRGO
AUG 24-SEPT 22
A smiling man's erratic behaviour makes you lose focus. A suspicion is wrong because of misinformation. A traumatized person finds a way to escape.

LIBRA
SEPT 23-OCT 23
Co-operate with a weirdo after a warning speech. An anxious person will make a leap of faith. You are no longer responsible for a sticky situation.

SCORPIO
OCT 24-NOV 22
One of your friends will finally get some work done. An alcoholic's secrecy will disturb a loved one. Remarkable news will lead to grief.

SAGITTARIUS
NOV 23-DEC 21
A new love is magnificent. Talking with a freeloader gives you problems. Someone is listening carefully to everything you say.

CAPRICORN
DEC 22-JAN 20
A sweetheart's cruelty is driven by creativity. Lift friendship to a new plane by sticking to the facts. A painful suggestion causes resistance.

AQUARIUS
JAN 21-FEB 18
You'll be tough to beat in an argument. A smart person is interesting, but inhibiting. Somebody you love will get baffling news.

PISCES
FEB 19-MARCH 20
Fate looks kindly upon you. A disagreement results from a strange encounter. Someone's tedious rituals will displease you.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Vend hair mousse (1)
2. Be fond of "60 Minutes" man Wallace (1)
3. Mitty portrayer Danny's labyrinth (1)
4. Cleveland NFL team's gain attempts (1)
5. Sideshow oddity's runs of luck (1)
6. Letterman bandleader's thin cookies (2)
7. One speaking evil of one straightening rows (3)

ANSWERS
1. SELL GEL 2. LIKE MIKE 3. KAYES MAZE 4. BROWNS DOWNS
5. FREAKS STREAKS 6. SHAFFERS WAFERS 7. ALIGNER MALIGNER

1-29-09

This day in history

JAN. 29, 1845: The Raven by Edgar Allan Poe is published in the New York Evening Mirror.
JAN. 29, 1891: Liliuokalani is proclaimed Queen of Hawaii, its last monarch.
JAN. 29, 1978: Sweden outlaws aerosol sprays due to their harmful effect on the ozone layer, becoming the first nation to enact such a ban.
JAN. 29, 2005: The first direct commercial flights from mainland China to Taiwan since 1949 arrived in Taipei. Shortly afterwards, a China Airlines carrier landed in Beijing.

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